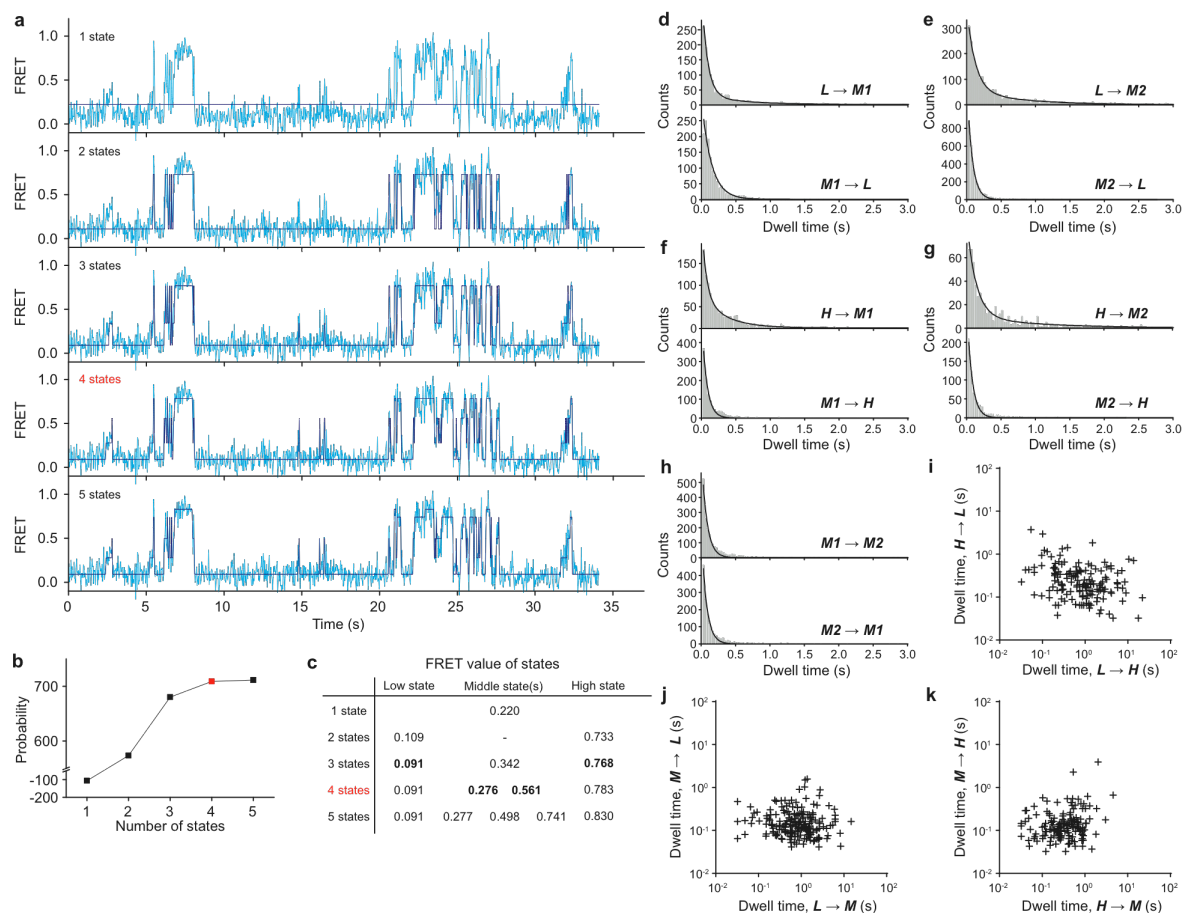


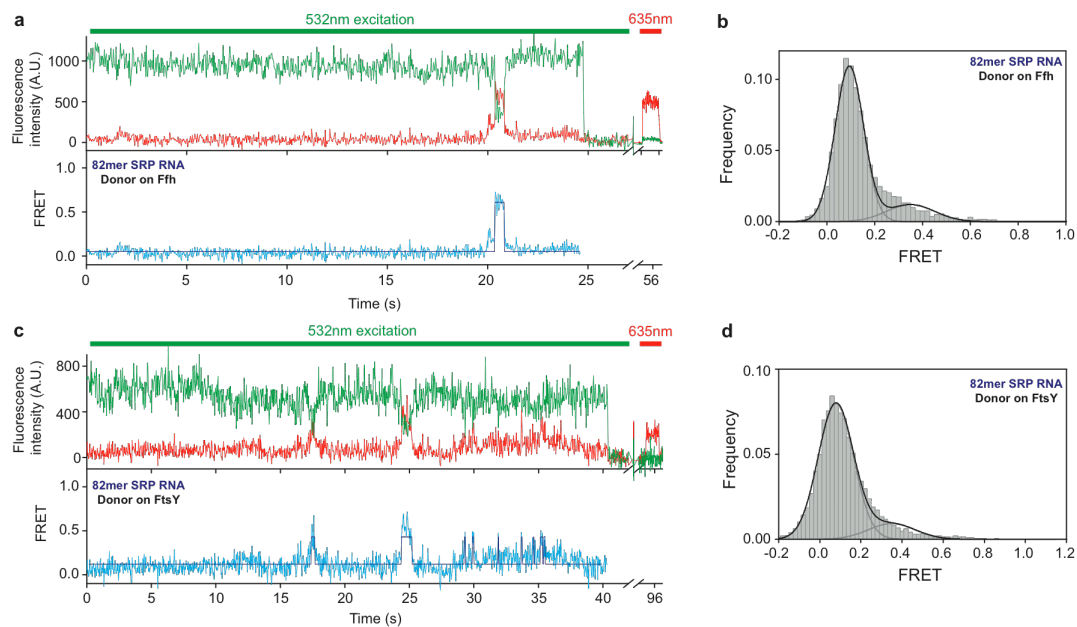
Supplementary Figure 2 | smFRET of the SRP-FtsY complex with Cy3-labeled Ffh. **a**, Schematics of the immobilized SRP-FtsY complex on the coverslip with Cy3-labeled Ffh. **b**, Fluorescent signals (upper) and FRET trajectory (lower) of the SRP-FtsY complex. Color coding is the same as in Figure 1b. The arrow denotes bleaching of Cy3. **c**, Zoom in of the grey box in **b** to show the four FRET states resolved by HMM. **d**, smFRET histogram. **e**, HMM analysis of a sample FRET trajectory using different numbers of states. As the number of FRET states increases, better fits to experimental data were obtained. **f**, Probability score of each model in the HMM analysis in **e**. The probability maxed out at 4 states, which was chosen as the optimal model to describe experimental

data. **g**, The FRET values of each state from the HMM analyses in **e**. Bold indicates the converged FRET values of the identified states. **h**, TDP of the GTPase rearrangement. **i-n**, Analysis of the transition kinetics between states *L* and *H* (**i**), *L* and *MI* (**j**), *L* and *M2* (**k**), *MI* and *M2* (**l**), *H* and *MI* (**m**), *H* and *M2* (**n**). **o**, Summary of transition rates between different FRET states. **p-r**, Scatter plots of the transition dwell times of individual molecules. Each cross represents an individual molecule.

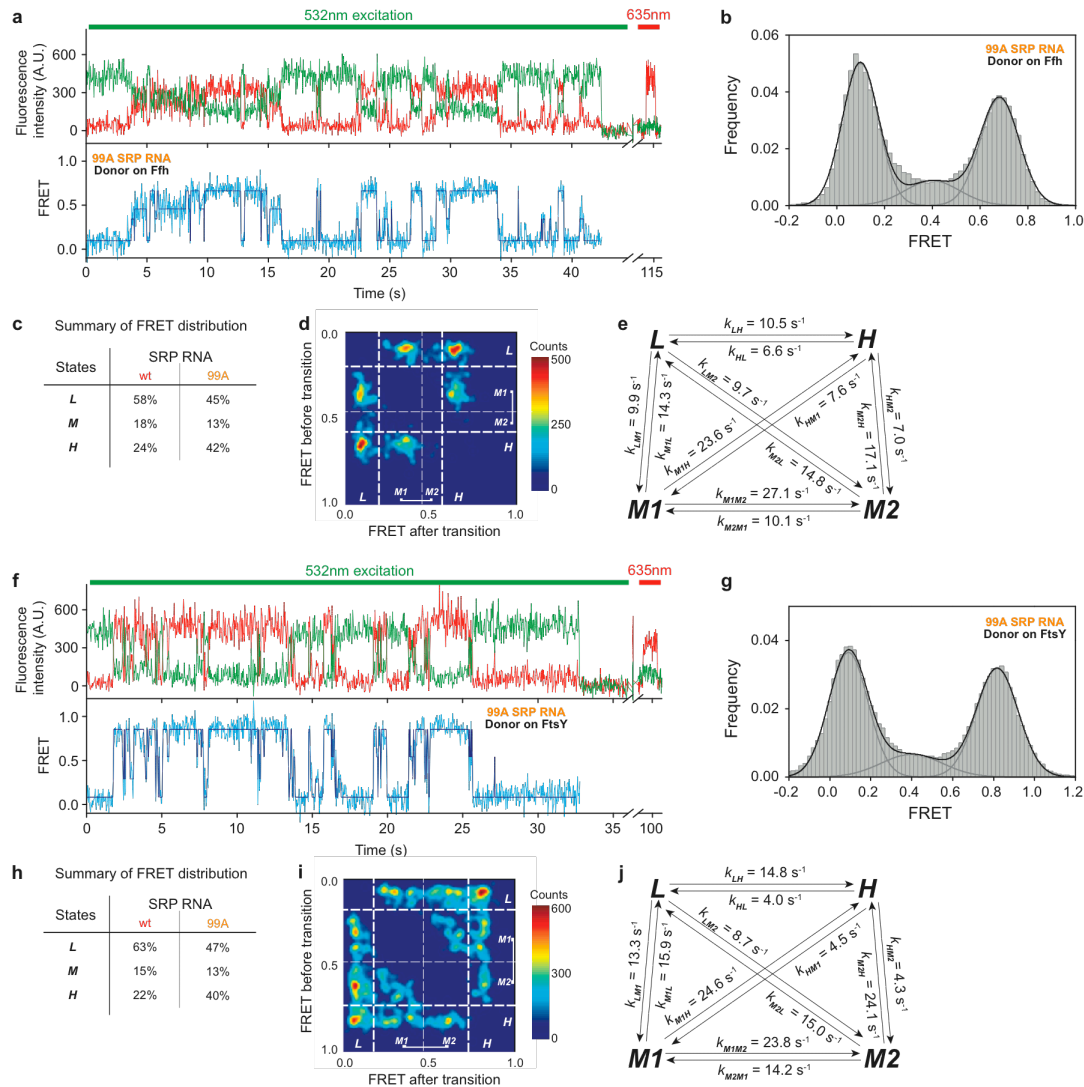


Supplementary Figure 3 | smFRET analysis of the SRP-FtsY complex with labeled FtsY. a, HMM analysis of the FRET

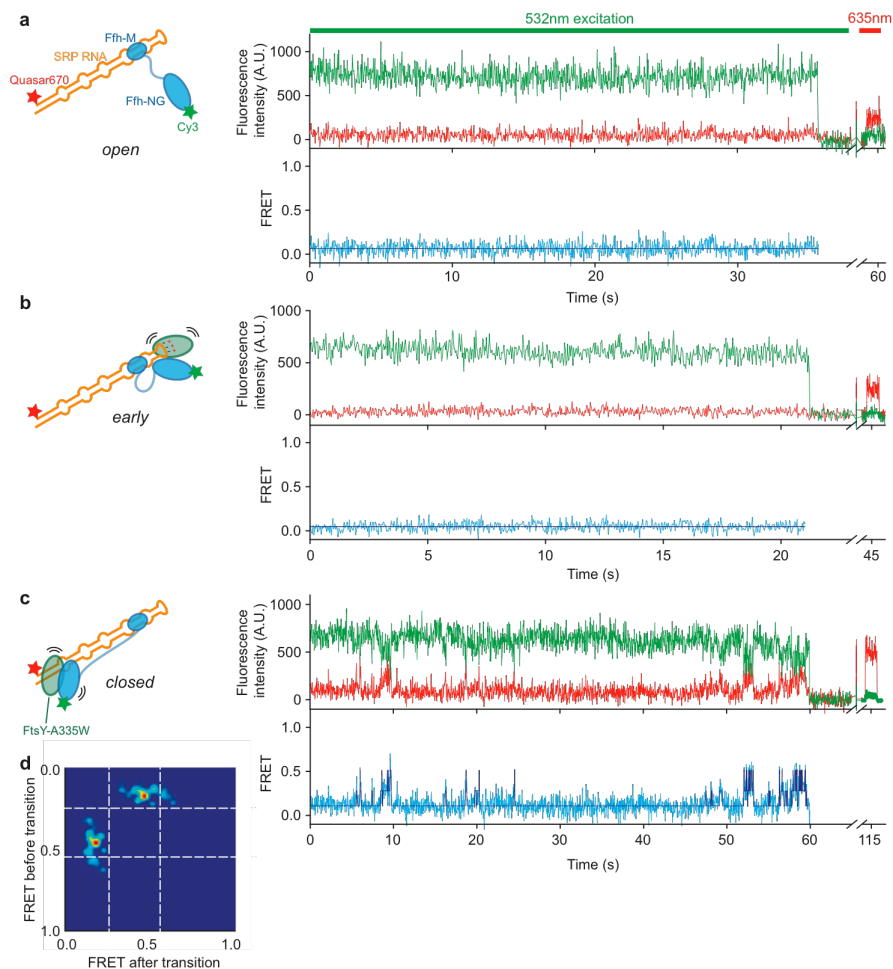
trajectory in Figure 1b using different numbers of FRET states. As the number of FRET states increases, better fits to experimental data were obtained. **b**, Probability score of each model in the HMM analysis in **a**. The probability maxed out at 4 states, which was chosen as the optimal model to describe experimental data. **c**, The FRET values of each state from the HMM analyses in **a**. Bold indicates the converged FRET values of the identified states. **d-h**, Analysis of the transition kinetics between states **L** and **M1** (**d**), **L** and **M2** (**e**), **H** and **M1** (**f**), **H** and **M2** (**g**), **M1** and **M2** (**h**). **i-k**, Scatter plots of the transition dwell times of individual molecules. Each cross represents an individual molecule.



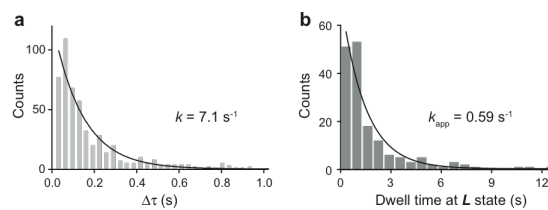
Supplementary Figure 5 | smFRET data and analysis for SRP-FtsY complexes assembled with the 82mer SRP RNA. a & c, Fluorescent signals (upper) and FRET trajectory (lower) of the SRP(82mer)-FtsY complex with Cy3-labeled Ffh (**a**) or FtsY (**c**). Color coding is the same as in Figure 1b. **b & d**, smFRET histograms of the GTPase complex with Cy3-labeled Ffh (**b**) or FtsY (**d**).



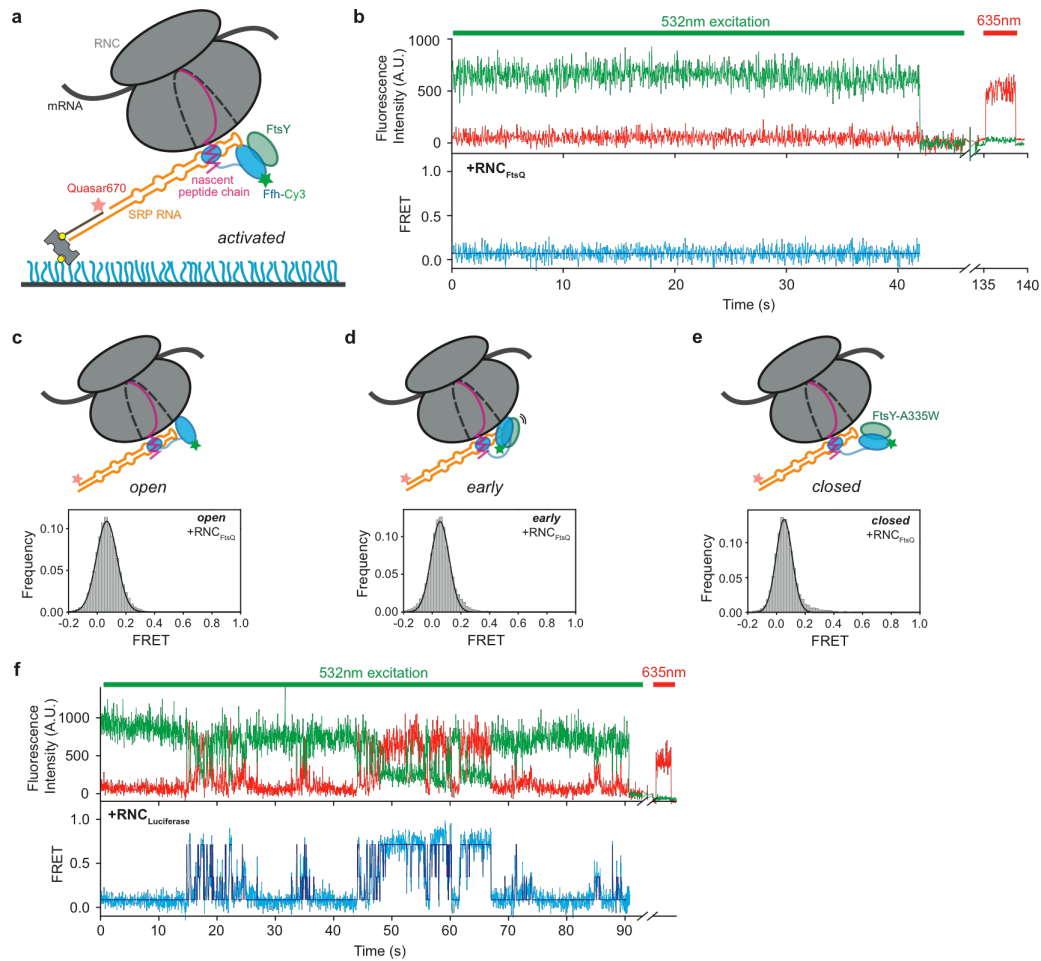
Supplementary Figure 6 | smFRET data and analyses for complexes assembled with mutant 99A RNA. a & f, Fluorescent signals (upper) and FRET trajectory (lower) of the SRP(99A)-FtsY complex with Cy3-labeled Ffh (**a**) or FtsY (**f**). Color coding is the same as in Figure 1b. **b & g**, smFRET histograms of the GTPase complex with Cy3-labeled Ffh (**b**) or FtsY (**g**). **c & h**, Summary of the FRET distributions of SRP(99A)-FtsY and comparison with the wildtype complex for Cy3-labeled Ffh (**c**) or FtsY (**h**). **d & i**, TDP of the SRP(99A)-FtsY complex with Cy3-labeled Ffh (**d**) or FtsY (**i**). **e & j**, Summary of transition kinetics of the SRP(99A)-FtsY complex with Cy3-labeled Ffh (**e**) or FtsY (**j**).



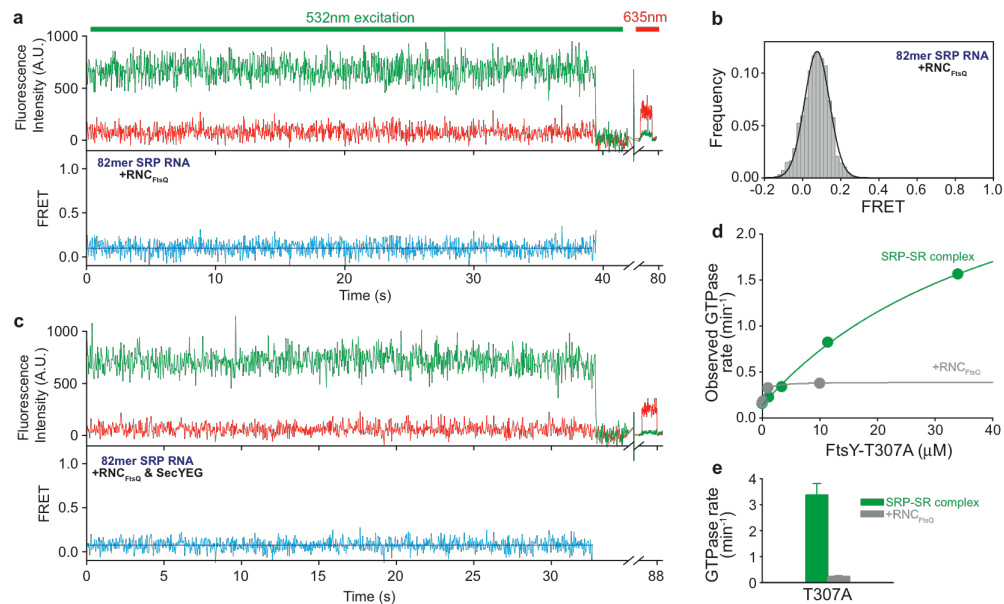
Supplementary Figure 7 | smFRET traces of SRP at different stages of its GTPase cycle, including free SRP (a) and the SRP-FtsY complex in the *early* (b) and *closed* (c) states. Ffh was labeled with Cy3. Color coding is the same as in Figure 1b. d, TDP of the SRP-FtsY complex in the *closed* state.



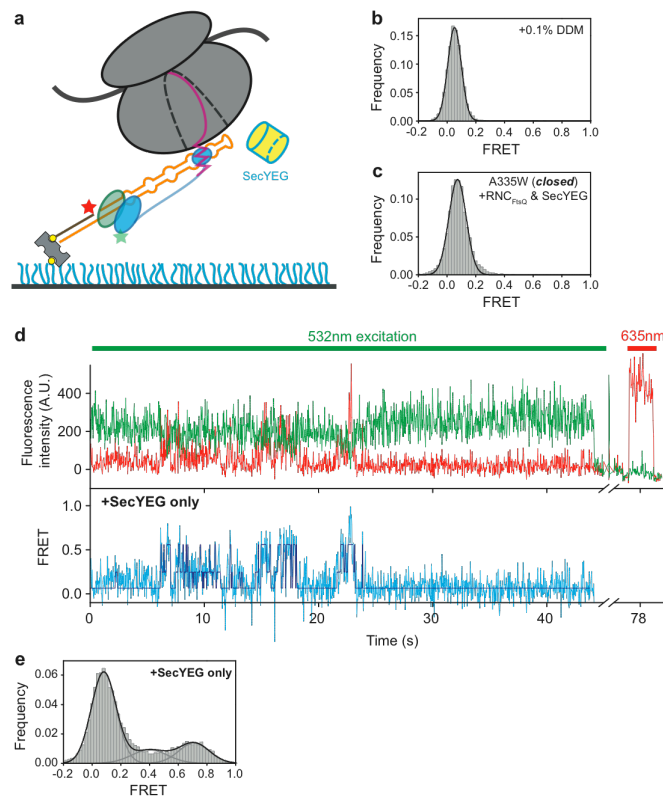
Supplementary Figure 8 | Dwell time analysis of real-time GTP hydrolysis. **a**, Exponential fit of $\Delta\tau$ gave a lower limit for the GTPase rate. **b**, Exponential fit of the low FRET state between high FRET burst clusters.



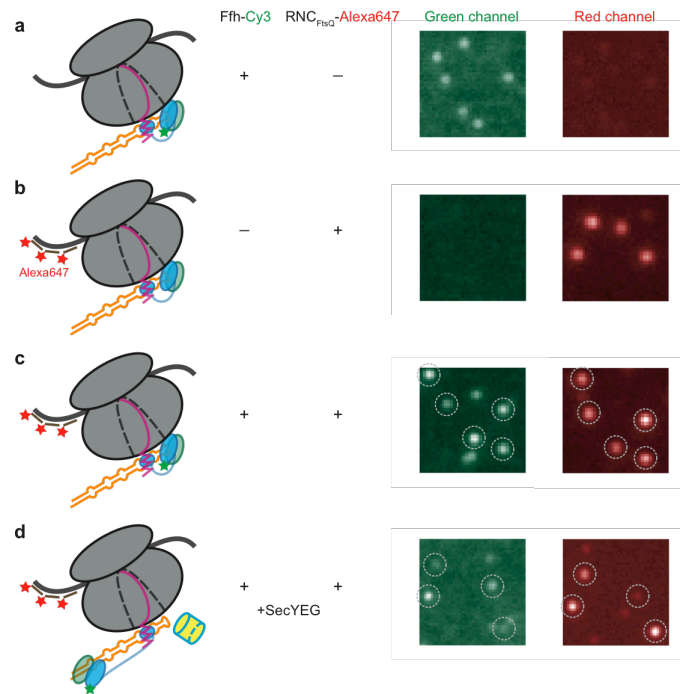
Supplementary Figure 9 | RNC carrying a correct SRP substrate abolishes GTPase movement along the SRP RNA. **a**, RNC-bound SRP-FtsY complex on the coverslip surface. **b & f**, Fluorescent signals (upper) and FRET trajectory (lower) of the SRP-FtsY complex bound to RNC_{FtsQ} (**b**) or RNC_{Luciferase} (**f**). Color coding is the same as in Figure 1b. **c-e**, smFRET histograms of the RNC_{FtsQ}-SRP complex (**c**) and the RNC_{FtsQ}-SRP-FtsY complex in the *early* (**d**) and *closed* (**e**) states.



Supplementary Figure 10 | RNC's pausing effect is independent of the SRP RNA distal end. **a & c**, Fluorescent (upper) and FRET (lower) trajectory of the RNC_{FtsQ}-SRP(82mer)-FtsY complex in the absence (**a**) and presence (**c**) of SecYEG. Color coding is the same as in Fig. 1b. **b**, smFRET histogram of the RNC_{FtsQ}-SRP(82mer)-FtsY complex. **d**, Representative data for GTPase assay of mutant FtsY T307A in the absence (green) and presence (grey) of RNC_{FtsQ}. **e**, Summary of the k_{cat} values from (**d**). Data represent mean±s.d. (n=3).



Supplementary Figure 11 | SecYEG restores GTPase movement to the SRP RNA distal site. **a**, SecYEG-bound RNC_{FtsQ} -SRP-FtsY complex on the surface of the coverslip. **b**, smFRET histogram of the RNC_{FtsQ} -SRP-FtsY complex in the presence of 0.1% DDM. For comparison, the DDM concentration in reactions containing SecYEG is $\leq 0.07\%$. **c**, smFRET histogram of the RNC_{FtsQ} -SRP-FtsY(A335W) *closed* complex in the presence of SecYEG. **d & e**, FRET trajectory (**d**) and smFRET histogram (**e**) of the SRP-FtsY complex in the presence of SecYEG but absence of RNC. Cy3-labeled Ffh was used.



Supplementary Figure 12 | Co-localization assay of SRP and RNC. Cy3-labeled SRP (**a**) and Alexa647-labeled RNC_{FtsQ} (**b**) co-localize before (**c**) and after (**d**) incubation with SecYEG.